RECIPE: SPIKED CAPRESE SALAD

# LAILA ALI™

INGREDIENTS:

**Ingredients:**

| | |
|---|---|
| Laila Ali Italian Dressing & Marinade | 1/3 Cup |
| Green Leaf Lettuce | 4 Cups |
| Fresh Mozzarella, balls | 1 Cup |
| Cherry Tomatoes, halved | 1 Cup |
| Basil, fresh | 1/2 Cup |

**Directions:**

1. Cut cherry tomatoes in half.
2. Dump all ingredients into a mixing bowl and shake well.
3. Drizzle salad with Laila Ali Italian Dressing.

*"I love cooking and being healthy. I also love bonding with my family over a great meal. I have brought all of my love together with my line of specialty foods. I invite you to share them with your family! Enjoy!"*


FOR MORE INFORMATION & RECIPES VISIT
**www.vitafoodproducts.com**

Manufactured by Vita Specialty Foods™
P.O. Box 1915
Inwood, WV 25428
1-800-989-8482

# Italian

DRESSING & MARINADE

12 FL OZ (360 ml)

## Nutrition Facts

Serving Size 2 Tbsp (30 ml)
Servings Per Container 12

| Amount Per Serving | |
|---|---|
| Calories 70 | Calories from Fat 60 |
| | %Daily Value* |
| **Total Fat 7g** | **11%** |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| **Cholesterol 0mg** | **0%** |
| **Sodium 300mg** | **13%** |
| **Total Carbohydrate 3g** | **1%** |
| Dietary Fiber 0g | 0% |
| Sugar 2g | |
| **Protein 0g** | |
| Vitamin A 0% • | Vitamin C 4 % |
| Calcium 0% • | Iron 0% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Water, Vegetable Oil (canola and/or soybean), Distilled Vinegar, Granulated Sugar, Red Bell Pepper, Sea Salt, Lemon Juice Concentrate (lemon juice, water), Spices, Minced Garlic, Minced Onion, Granulated Garlic, Xanthan Gum, Annatto (color), Red Crushed Pepper, Natamycin (natural preservative).

CHOLESTEROL FREE

SHAKE WELL.
REFRIGERATE AFTER OPENING.



PRODUCT OF USA

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# Sweet Asian

**SPICE BLEND**

**5 OZ (141 G)**

## Nutrition Facts

**Serving Size** ¼ Tbsp (1.6g)
**Servings Per Container** 88

| Amount Per Serving | |
|---|---|
| **Calories** 0 | Calories from Fat 0 |
| | *Daily Value* |
| **Total Fat** 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Cholesterol** 0mg | 0% |
| **Sodium** 200mg | 8% |
| **Total Carbohydrate** <1g | 0% |
| Dietary Fiber 0g | 0% |
| Sugar 0g | |
| **Protein** 0g | 0% |
| Vitamin A 0% | • Vitamin C 0% |
| Calcium 0% | • Iron 0% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Protein | | 50g | 65g |

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4



**RECIPE:** Sweet Asian Shrimp and Vegetables

**INGREDIENTS:**

| | |
|---|---|
| Sweet Asian Spice Blend | 1 Tbsp |
| Shrimp, precooked | 5-6 |
| Mixed Vegetables | 1 Cup |
| Vegetable Oil | 1 Tbsp |

**DIRECTIONS:**

1. Heat oil in a saute pan over medium heat.
2. Add vegetables and saute for five minutes then add shrimp and saute for an additional 10 minutes.
3. Add Sweet Asian Spice Blend, mix well and serve.

INGREDIENTS: Sea Salt, Sugar, Spices, Garlic, Onion, Rice Concentrate as an Anti-Caking Agent. This blend has ginger and licorice notes.

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